

## 2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 46: Comparison of Self-Reported Weight and Ideal Weight Reported by California Adolescents**

About how much do you weight without shoes?  
What do you think is the best weight for you?

	Self Reported Weight, Mean Pounds	Self-Selected Ideal Weight, Mean Pounds
<b>Total</b>	<b>130</b>	<b>125</b>
<b>Gender</b>		
Males	137 ***	134 ***
Females	122	115
<b>Ethnicity</b>		
White	128 <sup>a</sup> *	125
African American	135 <sup>a</sup>	128
Latino	132 <sup>a</sup>	125
Asian/Other	125 <sup>a</sup>	123
<b>Gender by Age</b>		
<b>Males</b>		
12-13	114 <sup>a</sup> ***	111 <sup>a</sup> ***
14-15	138 <sup>b</sup>	135 <sup>b</sup>
16-17	157 <sup>c</sup>	156 <sup>c</sup>
<b>Females</b>		
12-13	110 <sup>a</sup> ***	102 <sup>a</sup> ***
14-15	124 <sup>b</sup>	117 <sup>b</sup>
16-17	132 <sup>c</sup>	125 <sup>c</sup>
<b>Smoking Status</b>		
Non-Smokers	129 ***	124 ***
Smokers	145	142
<b>Physical Activity Status</b>		
Regular	130	125
Irregular	129	124
<b>Overweight Status</b>		
Not at Risk	120 ***	121 ***
At Risk/Overweight	162	141

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Categories sharing a common superscript (a,b,c) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).

ANOVA

\* p<.05

\*\*\* p<.001